

FAMILY HANDBOOK

THE PARENTS' ASSOCIATION

The Iowa State University Parents' Association (ISUPA) serves all Cyclone families by promoting parent and family member programs and communicating university resources to enhance students' experiences and success at Iowa State.

ISUPA is affiliated with the Dean of Students Office, which provides administrative support and advice. ISUPA is governed by a volunteer board of directors comprised of parents of Iowa State students. Join us on Facebook at facebook.com/isuparents.

WE'RE HERE TO HELP

Parents' Advisory Line (PAL)
800 772-8546
parents@iastate.edu
parents.iastate.edu

Our staff is available to help you navigate campus resources. The PAL is staffed during the school year, Monday through Friday, 8 a.m. to 5 p.m. (except university holidays).

GET INVOLVED

Establish a support network for yourself through the ISUPA. You are going to experience your own transition that comes with its own set of emotions and issues.

Develop a relationship with somebody else who is sending a student off to college or has been through this experience before. Meet other families and members of the university community at orientation. Get to know the families of your student's roommate(s) and friends. Join the Iowa State Parents' Association.

Plan a visit to campus. We encourage families to visit campus during Cyclone Family Weekend. Activities include a tailgate, volleyball game, entertainment, college receptions, and other activities. For more information on Cyclone Family Weekend and to register, visit familyweekend.iastate.edu. Registration information will be available on the website beginning in May.

Check out the events calendar at event.iastate.edu and find activities that you would like to attend throughout the school year (athletic events, plays, musicals, concerts, guest lectures, and more!) and invite your students and their friends!

CYCLONE FAMILY WEEKEND

Cyclone Family Weekend
October 14-16, 2016
familyweekend.iastate.edu

Family activities and entertainment await as you visit your favorite Iowa State student.

YOUR RELATIONSHIP WITH YOUR STUDENT

Things will change between you and your student—it's part of growing up. Over the next few years your student will define values and beliefs, gain new independence, and explore the possibilities the future holds. The values and lessons you taught them will influence the decisions they make at Iowa State and beyond. Trust your student—Just because they are not doing what you would in the same situation does not mean they have made a bad decision.

Be patient—Maturity does not happen overnight.

Believe in your student—They need your love and support now more than ever.

Listen—Wait for your student to ask for your opinion or advice.

Remember who you were and the person you were becoming during these years. You didn't turn out so bad, did you?

SAFETY FIRST

Iowa State is committed to keeping the university community safe. Many services have been implemented to keep your student safe on the Iowa State campus.

ISU Alert notifies Iowa State students, faculty, and staff of potentially dangerous situations. Emergency alerts can be sent to three points of contact including text messages, emails, and phone calls.

ISU Alert complements other forms of emergency notification such as the siren system, university website, public address systems, personal communication, and signage. More information about ISU Alert can be found at isualert.iastate.edu.

The Iowa State Department of Public Safety (DPS) is composed of two divisions—Parking and Police.

The Police Division is the university's official law enforcement agency and employs state-certified police officers to respond to calls for service 24 hours a day.

MEET ISUPA BOARD MEMBERS JAMES AND SUE LAPACZONEK



James and Sue live in Colona, Illinois. They have a son who is a sophomore in Mechanical Engineering. James is a sales manager and Sue is a loan officer. They were highly impressed with the beautiful college campus, the professionalism of the faculty and the mechanical engineering program at ISU. They do not have a doubt in their mind that Iowa State was the right choice for their son.

A safety escort service through DPS is available for students who do not want to walk alone from 6 p.m. to 6 a.m. seven days per week, when classes are in session.

The HelpVan is available to assist students with flat tires, dead batteries, and empty gas tanks. Services are only available on campus property. The HelpVan operates from 7:30 a.m. to 3 a.m. Monday through Thursday; 7:30 a.m. to midnight, Friday; and 5 p.m. to midnight on Sunday.

Encourage your student to add 515 294-4444 to their cell phone. By dialing this number an operator will dispatch a safety escort or HelpVan to their location. For information on services provided by the Department of Public Safety visit dps.iastate.edu.

EASE THE TRANSITION

To ease your student's transition to Iowa State, anticipate topics he/she might need to know more about.

Teach them what they need to know about laundry, balancing a bank account, health insurance, and emergency room visits. Stick to what you think they need to know so you're not piling it on.

Have your student prepare a monthly budget instead of a semester budget for the first year. Remember to be somewhat flexible during the first semester. Agree to check in with finances on a regular basis to assess how things are going.

Have a conversation with your student about making smart decisions. There's a lot to do at Iowa State and your student will get to decide how they will spend their free time. You are still influential in their lives—let your student know your expectations when it comes to alcohol, drugs, safety, and other potentially high-risk behaviors. Even if you've had that talk, have it again.

MOVE-IN DAY TIPS

Allow plenty of time for moving. Set up the loft and other major things first, and attend to the details after that.

Help your student move in, but don't take over the set-up of their space.

Bring siblings to help. Seeing where their brother or sister will be living may help them adjust to the absence at home.

Lofts and carpeting aren't necessities, but most students prefer them.

If you are carrying stuff up five floors to the room, don't embarrass your student by passing out. Take care of yourself and drink lots of water!

Mail a card early so your student has something waiting in their mailbox on the first day.

THE FIRST SIX WEEKS

The first six weeks of school are crucial for students entering Iowa State. During this time, your student will be making new friends and establishing a connection to the Iowa State campus. Promote the advantages of getting involved on campus. Being connected to campus is one of the most reliable predictors of whether or not a student will stay on campus, succeed in school, and persist to graduation. There are many avenues for students to get involved on campus including residence hall house councils, the Greek community, student clubs and organizations, study abroad programs, and much more.

Encourage your student to stay on campus during the weekends, especially for the first six weeks of classes. There's so much for students to do and learn about Iowa State. It will help them out both academically and socially if they're on campus.

Homesickness hits each student at a different time and in different ways. Some

students might get homesick right away and for others it won't hit them until after they return to campus from semester break, or even their sophomore year! Homesickness ranges from your student missing their favorite homemade meal to feeling lonely or depressed. If your child calls you in the middle of the night and begs you to let them come home—listen to their concerns and encourage them to hang in there. Learning to deal with homesickness is an important part of developing independence and with time, the feeling will pass.

STAYING CONNECTED

Technology has shaped our society and given individuals the ability to communicate with friends and family in new ways. Students can now communicate with family through several different platforms including email, Facebook, Skype, Twitter, Snapchat, or text messages

Many students are eager to experience independence during the first weeks of school. However, they still want to maintain family ties and the security those ties bring. Set expectations together and in advance. It's important to realize that your understanding of how best to communicate may differ from your student's perspective, particularly as they enter into the independence college provides. Be willing to revisit these expectations and make adjustments as needed.

Encourage your student to develop a network of peers, faculty, and staff for advice and guidance. A majority of students do not have any problems adjusting to university life; however, for a few students, it can become overwhelming. There are multiple resources available on campus to help your student through any stressful situation.

During the semester, send an unexpected care package. For holidays that you are not with them, send something appropriate, i.e., plastic pumpkins filled with Halloween candy, Valentines, birthday treats, etc. They love the traditions whether they are home or not.

Students greatly enjoy receiving favorite treats from home. When you send treats send some for your student's roommate too. That's how you earn real brownie points. A care package lets them know you are thinking of them, and gives your favorite Cyclone a reason to call and say "Thanks!"

MEET ISUPA BOARD MEMBER LORI MCGLOTHLEN BRYANT



Lori is from Tiffin, Iowa. She has a daughter who is a sophomore in Speech Communications. Lori works for CarePro Health Services in Cedar Rapids as a Human Resource Rep. Her family is a long-time supporter of ISU. She is happy to be a part of a great group of parents to support a great group of kids.

Make sure you are there when your student comes home to visit. Plan to make a special home-cooked dinner or go out to a favorite restaurant. Sharing a meal with family is a great way to catch up before socializing with high school friends.

CONFIDENTIALITY COUNTS

Iowa State considers family members to be very important in each student's success in college. The university follows the Family Education Rights and Policy Act (FERPA) and Health Insurance Portability and Accountability Act (HIPPA) which can occasionally be confusing for family members who are unaware of the rights given to their Iowa State student by these federal laws.

Third party access allows students to share access to some of their personal AccessPlus information with a trusted third party such as a parent or family member. Information and instructions are available at accessplus.iastate.edu. Set up third party access through your student's AccessPlus account. Now is also a good time to enter the appropriate emergency contact in AccessPlus.

Through links in AccessPlus, the Office of the Registrar can provide certification or proof of enrollment for loan deferments, insurance companies, potential employers, scholarships, schools, and other entities that need your student's enrollment verified for a particular period of time.

Make sure your student updates their AccessPlus account with local and home mailing addresses and phone number changes. It is important to realize contact information is published in the ISU online directory unless the student suppresses his or her directory information.

As a parent or family member, you may share anything with us that you would like, but the university can share very little without your student's written consent. If you have concerns or information you would like to share with the university, please contact Student Assistance in the Dean of Students Office at 515 294-1020 or call the Parents' Advisory Line at 800 772-8546.

More information about FERPA is available at registrar.iastate.edu/policies and HIPPA at health.iastate.edu.

CAMPUS RESOURCES

Familiarize yourself with resources on campus. As a parent, you can be a strategic source of support if you make the appropriate referral to helpful campus resources. You can contact the Parents' Advisory Line (PAL) at 800 772-8546 with your questions or concerns; or to make a referral to the staff in Student Assistance for any/all concerns.

Academics—Encourage your student to visit the Academic Success Center located in the Hixson-Lied Student Success Center. The Academic Success Center is a collection of services and programs designed to help students reach their academic goals. Academic Coaching, Supplemental Instruction, and Tutoring Services are a few of the resources offered at the Academic Success Center. Visit dso.iastate.edu/asc for more information.

Personal—Student Counseling Service provides prevention, intervention, information, and referral services to Iowa State students.

Assistance is available for students coping with relationship problems, low self-esteem, stress, loneliness, depression, cultural differences, sexual assault recovery, eating disorders, trauma and childhood abuse, substance abuse, academic motivations, and other concerns.

Most professional services of Student Counseling Service are provided by the university at no charge to your student. More information can be found at counseling.iastate.edu.

Roommate—Students should talk to their community adviser, hall director, or chapter president (Greek community) if they are having difficulties with a roommate. Students who live off-campus can consult with the staff in Student Assistance for resources and referrals.



- Be sure your student registered for Destination Iowa State. To register visit admissions.iastate.edu/destination.
- Make sure your student has medical insurance and an insurance card.
- Teach your student the basics, such as doing laundry and being economical about purchases.
- Discuss how you will handle expenses for the year; will you send a monthly allowance or contribute money as needed? Prepare a monthly budget, if possible.
- Review finances and talk about how to manage a checking account and debit/ATM card. Also, make sure your student is prepared to respond appropriately to credit card offers.
- Talk with your student about what communication will look like. Discuss how often you plan to connect and how best to stay in contact (text messages, email, phone calls, etc.). Be sure to address social media (Facebook Twitter, etc.) and determine what is appropriate information to be posting online.
- Celebrate with your student the excitement that going to college provides. Hint: do this well before move-in day! Plan ahead how you will say good luck and goodbye.
- Send a letter or care package that will arrive the day after move-in or the first day of classes!

MEET ISUPA BOARD MEMBER JOHN & BRIDGET ZAKOWSKI

John and Bridget live in Green Bay, Wisconsin. They have a daughter who is a sophomore in Apparel, Merchandising, and Design at Iowa State. John was a Brown County District Attorney for 24 years and now is a family law and juvenile judge. He is also on the Green Bay Packer Board of Directors. While on the board, he interviews grant applicants and has seen many positive volunteer organizations helping children. Bridget wears many hats working at St. John the Evangelist parish and the abbey. They are very excited and pleased that their daughter is attending Iowa State! They were impressed with the campus, student support services and school spirit.

BOOK REVIEWS

What To Expect When Your Child Leaves for College: A complete guide for parents only

by Mary Spohn

"This easy-to-read book provided a lot of helpful information and "things-to-consider" whether your student will be attending college in their home state or across the country. Spohn covers everything from choosing a college where your student will thrive, things to teach our children before they leave (think laundry, addressing an envelope, tipping in a restaurant, spotting email scams, etc.), to what to expect when they come home for vacations/breaks. She illustrates points with her own stories of sending two sons off to college along with experiences shared by other parents. Having worked in Higher Education for 20+ years, and having sent our son off to ISU, this book provided insight on how we can continue to parent our college student, and better transition our younger child as she prepares for college."

Kristi Finger; Iowa City, IA, Mother of 1 ISU student and 1 high school student

The iConnected Parent: Staying close to your kids in college (and beyond) while letting them grow up.

by Barbara Hofer, Ph.D. & Abigail Sullivan Moore

"Where students may have previously handled the challenges of University life on their own - learning lessons and maturing as a result, many of today's students turn to their parents for instant answers to daily concerns. This book is an excellent primer for parents of high school or college students on being electronically connected in an age of instant communication. The book looks at the pros and cons of constant communication during these formative years. Parents who read this book will understand being connected is not the same as having a connection."

This book is a great resource as you learn how to stay in touch with your student using today's devices and social networks without having your son/daughter feel like you're hovering as a helicopter parent."

James Lauer; Morton, IL, Father of 1 ISU student and 3 other adult children

ADHD and the College Student: The everything guide to your most urgent questions

by Patricia O. Quinn, MD

"Iowa State University has an excellent Student Disability Resources office housed in the Dean of Students Office. For students with Attention Deficit Hyperactivity Disorder, Patricia Quinn's book will help students, parents and families prepare to work effectively with the staff at ISU. Not only is Quinn an expert in ADHD diagnosis and treatments, but she has ADHD and she has parented three children with ADHD through successful college careers. Quinn will not leave any of your questions unanswered as she looks at all of the elements of college life and how the ADHD student manages those issues."

Teresa Albertson; Ames, IA, Mother of 1 ISU student and 2 middle school students

TOP TEN TIPS FOR FAMILIES

10. Encourage your student's connection to Iowa State.
9. Expect communication changes.
8. Know about your student's rights as an Iowa State community member.
7. Appreciate these summer months.
6. Discuss things to be smart about—money, safety, health, etc.
5. Plan for move-in day.
4. Know who is here to help.
3. Familiarize yourself with key resources on campus.
2. Find a network for yourself through the Iowa State Parents' Association.
1. Ask questions of and get advice from people who care!

CONNECTING ON CAMPUS—THE FIVE PEOPLE YOUR STUDENT NEEDS TO KNOW

There are five people your student should try to connect with at Iowa State University:

5. Residence hall/Greek community adviser
4. Faculty member
3. Student organization adviser
2. Academic adviser
1. Destination Iowa State Team Leader

MEET ISUPA BOARD MEMBER JODI ROETTGER



Jodie lives in Cedar Falls, Iowa. She has a son who is a junior in Agriculture/Electrical Engineering. Jodie is the Chief Financial Officer at CarePro Health Services in Cedar Rapids, Iowa.